

Freshmart®

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freshmart RED & WHITE FOOD STORE
Your Neighbourhood Grocer

Fall Favourites
See inside
Les favoris de l'automne
Voir à l'intérieur



4.99
lb

**boneless bottom blade
roast or steak***
club size
rôti ou bifteck de bas de palette désossé*
11.00/kg



2.29
lb

Cook's portion ham
portion de jambon Cook's
5.05/kg

PC® cheese slices
selected varieties
150-170 g
tranches de fromage PC^{MD}

3.99

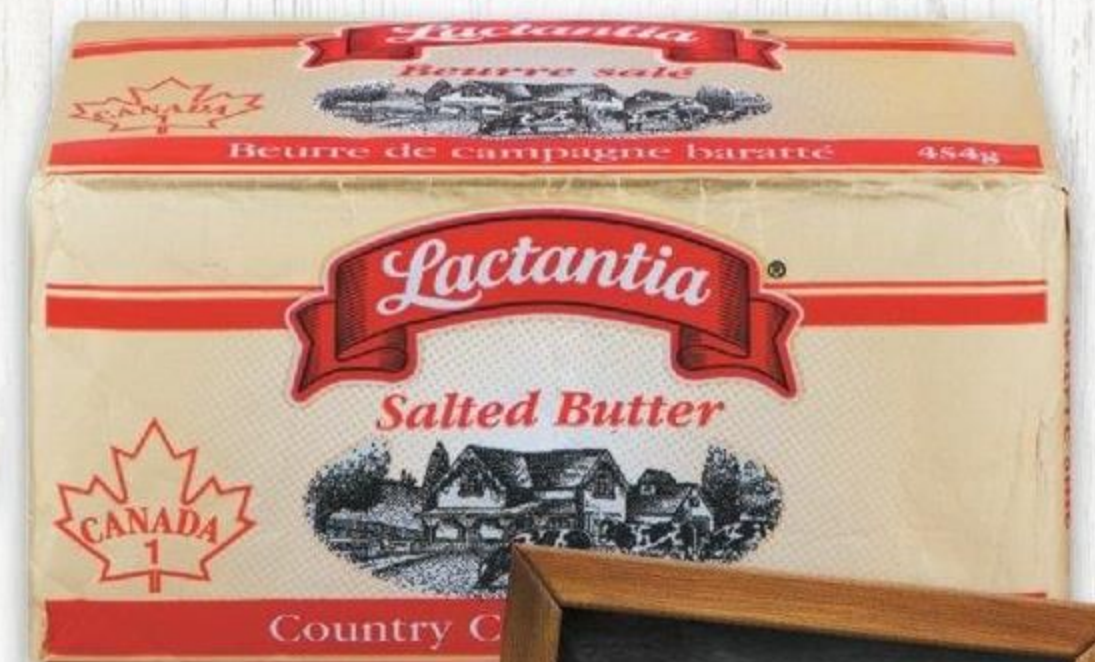


**small honeydew
melon each or
strawberries 1 lb**
product of U.S.A.
petit melon miel
ou fraises

3.99

2.29
lb

**green beans or red,
yellow or orange peppers**
product of Canada
haricots verts ou poivrons
rouges, jaunes ou orange
5.05/kg



Lactantia butter
selected varieties
454 g
beurre Lactantia

4.49

Lantic sugar
2 kg
sucre Lantic

1.99



Folgers coffee
642-920 g
or pods 12's
selected varieties
café ou dosettes
Folgers

8.99



**Coca-Cola,
Canada Dry
or Pepsi soft
drinks**
selected varieties
12x355 mL
boissons gazeuses
Coca-Cola, Canada
Dry ou Pepsi

6.49



**Cadbury
chocolate bars**
selected varieties
90-100 g
barres de chocolat
Cadbury

1.99



**Terra Delyssa
extra virgin olive oil**
1 L
huile d'olive extra-vierge
Terra Delyssa

8.99



1.99 **Italpasta 900 g**
or **Hunt's sauce 680 mL**
selected varieties
pâtes Italpasta ou sauce Hunt's



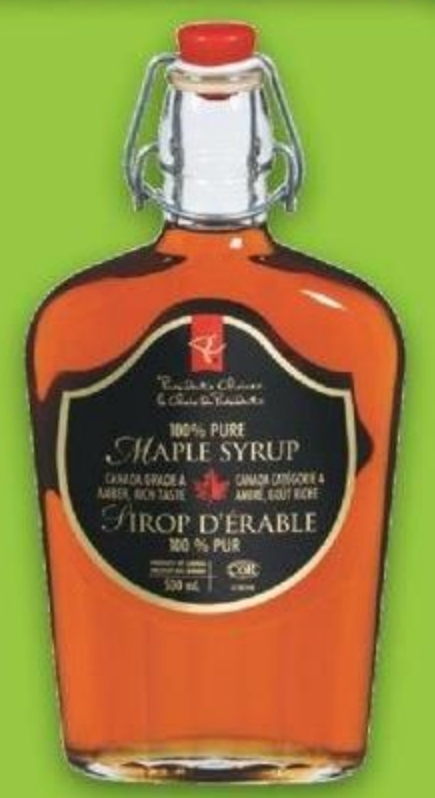
**Rooster™
scented rice**
selected varieties
8 kg
riz parfumé Rooster^{MC}

15.99



PC® maple syrup
500 mL
sirop d'érable PC^{MD}

7.49



PRICES EFFECTIVE FROM THURSDAY, SEPTEMBER 29TH TO WEDNESDAY, OCTOBER 5TH, 2022 / PRIX EFFECTIFS DU JEUDI 29 SEPTEMBRE AU MERCREDI 5 OCTOBRE 2022

*cut from Canada AA grade beef or higher/*provenant de bœuf Canada AA ou d'une catégorie plus élevée

FROM OUR BUTCHER DE NOTRE BOUCHER



6⁹⁹
lb

eye of round steak or roast* club size
bifteck ou rôti de noix de ronde*
15.41/kg



3⁹⁹
lb

pork sirloin chops or roast club size, boneless
côtelettes ou rôti de surlonge de porc
8.80/kg



3⁴⁹
lb

whole chicken bagged
poulet entier
7.69/kg



4⁹⁹
lb

chicken wings club size
ailes de poulet
11.00/kg



8⁹⁹

PC® Free From® lean ground beef fresh, 454 g
bœuf haché maigre
PC^{MD} Simplement Bon^{MC}



8⁴⁹ no name® coil garlic sausage
750 g
saucisson à l'ail sans nom®



5⁹⁹ Strub's pickles selected varieties
1 L
cornichons Strub's



3⁹⁹ no name® stuffed chicken selected varieties, frozen
284 g
poulet farci sans nom®



8⁴⁹ Beyond Sausage plant-based links selected varieties, 400 g
saucisse à base de plantes
Beyond Sausage

SEAFOOD POISSONNERIE



6⁹⁹ SeaQuest® fish fillets frozen
400 g
filets de poisson SeaQuest®



6⁷⁹ SeaQuest® raw or cooked shrimp
36-45 per lb, frozen
300 g
crevettes crues ou cuites SeaQuest®



9⁹⁹ PC® hot smoked candied or spicy salmon strips
150 g
lanières de saumon confit fumé à chaud ou épicées PC^{MD}



15⁹⁹ PC® bacon-wrapped wild sea scallops frozen
260 g
pétoncles sauvages géants bardés de bacon PC^{MD}

FRUITS & VEGETABLES
FRUITS ET LÉGUMES



2.49



spinach
product of Canada
bunch
épinards



4.99

Eat Smart 311/340 g
or Taylor Farms
315-383 g salad kits
product of U.S.A.
selected varieties
trousses de salade
Eat Smart ou Taylor Farms



.99

lemons, product of South Africa
or limes, product of Mexico
each
citrons ou limes



1.99
lb

Golden Delicious
apples
product of Atlantic provinces
pommes Golden Delicious
4.39/kg



2.99

no name®
Naturally Imperfect™
zucchini
product of Canada, 2.5 lb
courgette
Naturellement imparfaits^{MC}
sans nom®

Farmer's Market™
mangoes
product of Brazil
3's
mangues
Délices du Marché^{MC}
4.99



6.99
Farmer's Market™ Roma tomatoes
product of Mexico
3 lb
tomates Roma Délices du Marché^{MC}



PC®
Boston live lettuce
product of Canada
each
laitue Boston vivante
PC^{MD}
1.99



.89
lb 1.96/kg
green or red cabbage
product of Atlantic provinces
chou vert ou rouge

Farmer's Market™
sweet potatoes or
PC® mini potatoes
product of Canada
5 lb
patates douces
Délices du Marché^{MC}
ou mini-pommes
de terre PC^{MD}

8.99



PC® salad dressings
product of Canada or U.S.A.,
selected varieties
350/355 mL
vinaigrettes PC^{MD}
3.79



**DELICATESSEN
CHARCUTERIE**



179
/100 g

**Ziggy's® Montreal
smoked meat**
viande fumée
montréalaise Ziggy's®

**CHEESE
FROMAGERIE**



699

**Monsieur Gustav
St-Paulin, Champfleury
or Oka cheese**
selected varieties
190 g
fromage Monsieur Gustav,
Saint-Paulin,
Champfleury ou OKA



4⁹⁹
**Ziggy's®
sliced deli meat**
selected varieties
250-300 g
viandes de charcuterie
tranchées Ziggy's®

5⁹⁹
**PC® 5-layer
Fiesta dip 454 g or
Yucatan guacamole**
340-454 g
selected varieties
tremette étagée
Fiesta PC^{MD} ou
guacamole Yucatan

8⁹⁹
**Schneiders
pepperettes or bites**
selected varieties
250-375 g
pepperettes ou
bouchées Schneiders



6⁴⁹
Apetina cubed feta
200 g
feta en cubes Apetina

5⁹⁹
**Tre Stelle ricotta or
bocconcini cheese**
selected varieties
200-475 g
fromage ricotta ou
bocconcini Tre Stelle

7⁹⁹
**Bella Vitano
cheese**
selected varieties
150 g
fromage Bella Vitano

**BAKERY
BOULANGERIE**



449

**Farmer's Market™
cookies**
selected varieties
12's
biscuits
Délices du Marché^{MC}



4⁴⁹
**Farmer's Market™
or La Fournée Dorée**
croissants
selected varieties
210-336 g

3⁴⁹
Vachon snack cakes
selected varieties
252-336 g
petits gâteaux Vachon

3⁹⁹
**PC® extra raisins
hot cross buns or
ACE Bakery bagels**
272-360 g



**Entertaining
Pour vos réceptions**



PC® hors d'œuvres
selected varieties, frozen
240-480 g
hors-d'œuvre PC^{MD}

**YOUR CHOICE
AU CHOIX**
599

PRICES EFFECTIVE FOR 3 WEEKS!

September 22 to October 12, 2022

Fall Essentials!



Franco American
gravy
selected varieties
284 mL
sauce Franco American

129



Kraft Stove Top
stuffing mix
selected varieties
120 g
mélange à farce
Stove Top Kraft

199



Campbell's broth
selected varieties
900 mL
bouillon Campbell's

249



179 Knorr Sidekicks side dishes
selected varieties
124-162 g
plats d'accompagnement Sidekicks Knorr



349 Green Giant or
Valley Selections vegetables
selected varieties, frozen
400-750 g
légumes Valley Selections ou Géant Vert

Betty Crocker
mashed or
scalloped potatoes
selected varieties
141-215 g
pommes de terre
en purée ou gratin
dauphinois
Betty Crocker

249



Minute Rice
selected varieties
500-700 g
Minute Rice

549



PC® Splendido® cold-pressed
extra virgin olive oil
1 L
huile d'olive extra vierge
pressée à froid PC® Splendido®

999



399 Italpasta 375/500 g or
World Authentica Cuisine
pasta sauce 530 mL
selected varieties
pâtes Italpasta ou sauce pour pâtes
World Authentica Cuisine

Kraft
Miracle Whip spread
selected varieties
650/890 mL
tartinade
Miracle Whip Kraft

499



Campbell's soup
selected varieties
284 mL
soupe Campbell's

229



399 Cool Whip
dessert topping
selected varieties, 1 L
garniture fouettée Cool Whip



399 Tenderflake pastry puff,
pie or tart shells
selected varieties, frozen
255-350 g
pâte feuilletée, croûtes à tarte
ou tartelettes Tenderflake



.99 Arm & Hammer baking
soda 250 g or Jell-O 85 g
selected varieties
bicarbonate de soude
Arm & Hammer ou Jell-O



Betty Crocker
cake mix
or frosting
selected varieties
340-461 g
mélange à gâteau
ou glaçage
Betty Crocker

229



Fleischmann's
yeast
selected varieties
113 g
levure
Fleischmann's

449

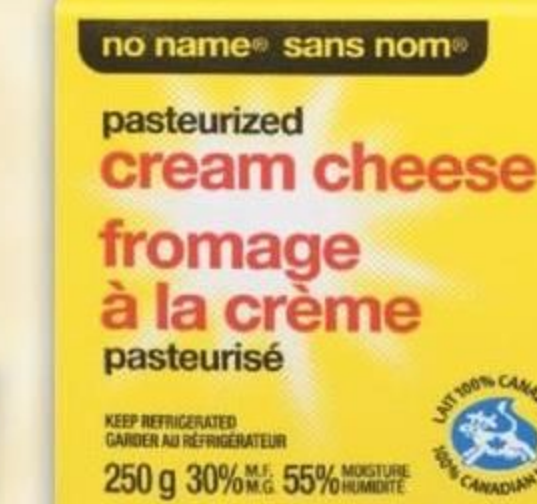


Les essentiels de l'automne!

**PRIX EN VIGUEUR
POUR 3 SEMAINES!**
September 22 to October 12, 2022



**no name®
lemonade or
iced tea**
selected varieties,
refrigerated
1.75 L
limonade ou thé glacé
sans nom®



**no name®
cream cheese
selected varieties**
227/250 g
fromage à la crème
sans nom®



**Dare Breton, Vinta
or Grissol crackers
or baguettes**
selected varieties
100-250 g
craquelins Breton, Vinta
ou craquelins ou baguettes
Grissol Dare



**Tetley, Red Rose
or Salada tea**
selected varieties
60/72's
thé Tetley, Red Rose
ou Salada



4.49

8.49

**PC® ground coffee 112-340 g
or coffee pods 8-14's**
selected varieties
café moulu ou dosettes de café PC^{MD}



**Starbucks or Stok
coffee beverage**
selected varieties,
refrigerated
1.18/1.42 L
boisson au café Starbucks ou
Stok

6.99



2.99

V8 vegetable cocktail
selected varieties
6 x 156 mL
cocktail de légumes V8



Green Giant vegetables
selected varieties
341/398 mL
légumes Géant Vert

1.79



**Ocean Spray whole or
jellied cranberry sauce**
selected varieties
348 mL
sauce aux canneberges
entières ou en gelée
Ocean Spray

1.99



Dole pineapple
selected varieties
398 mL
ananas Dole

2.29



Pringles potato chips
selected varieties
137-156 g
croustilles Pringles

2.29



**no name® plastic
cutlery 48's or
straws 200's**
selected varieties
coutellerie en plastique
ou pailles sans nom®

2.29



3.99

**Royal Chinet 6.75 inch
dessert plates, 40's**
assiettes à dessert Royal Chinet



7.99

**Royal Chinet 10.38 inch
dinner plates, 40's**
assiettes plates Royal Chinet



5.99

no name® napkins
500's
serviettes sans nom®



2.99

no name® roaster pans
selected varieties
family size, each
rôtissoires sans nom®





Fall Favourites Les favoris de l'automne



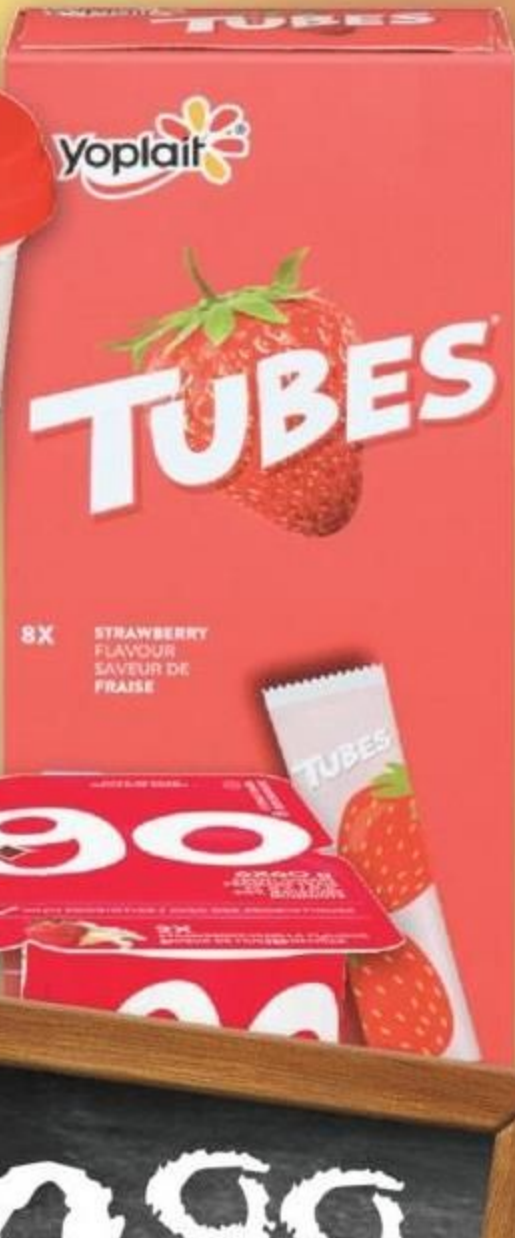
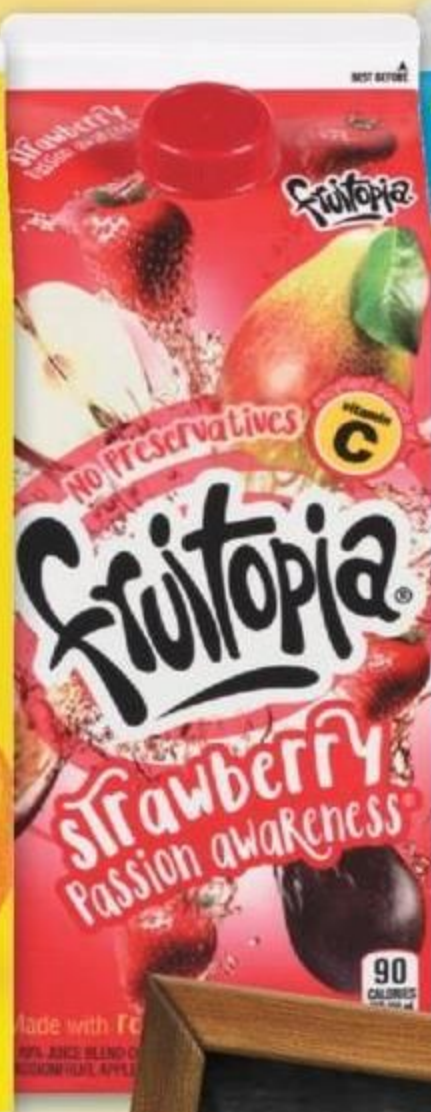
Quaker oats
selected varieties
709 g-1 kg
gruau Quaker

3⁷⁹



no name® orange juice,
Fruitopia, Nestea or
Peace Tea beverages
selected varieties,
refrigerated, 1.75 L
jus d'orange sans nom®,
boissons Fruitopia,
Nestea ou Peace Tea

2⁹⁹



Yoplait Minigo or
Tubes 6/8's or
Source 630 g yogurt
selected varieties
yogourt Minigo ou Tubes
ou Source Yoplait

2⁹⁹



Black Diamond
Cheestrings Ficello
selected varieties
252/336 g
Ficello Black Diamond

6⁹⁹



no name® cheese bars
selected varieties
200 g
barres de fromage sans nom®

3⁴⁹

no name® processed cheese slices
selected varieties
400 g
tranches de fromage fondu sans nom®

3⁴⁹



Liberté Greek 650-900 g
or Classique drinkable
1 L yogurt
selected varieties
yogourt grec ou yogourt
à boire classique Liberté

5⁹⁹



no name® whipped topping
225 g
garniture fouettée sans nom®

1⁹⁹



Jell-O desserts 4's or Kozy Shack pudding 624 g
selected varieties, refrigerated
desserts Jell-O ou pouding Kozy Shack

2⁹⁹

Minute Maid
orange juice
selected varieties,
frozen
295 mL
jus d'orange
Minute Maid

1⁷⁹



Nutella
hazelnut spread
725 g
tartinaide aux
noisettes Nutella

6⁹⁹



SunnyD beverage
selected varieties
6 x 240 mL/1.89 L
boisson SunnyD

3²⁹



Kellogg's Eggo waffles
selected varieties
280-330 g
gaufres Kellogg's Eggo

2⁹⁹



Fall Favourites Les favoris de l'automne



no name® mushrooms selected varieties 284 mL champignons sans nom®



Dr. Oetker Giuseppe or The Good Baker pizza selected varieties, frozen 300-785 g pizza Giuseppe ou The Good Baker Dr. Oetker



Kraft parmesan grated cheese selected varieties 250 g fromage parmesan râpé Kraft



St-Hubert sauce selected varieties 398 mL sauce St-Hubert

1.99



ET TU caesar salad mix original 132 g mélange à salade César ET TU

2.99



Del Monte canned fruit selected varieties 796 mL fruits en conserve Del Monte

3.99



Bick's pickles selected varieties 1 L cornichons Bick's

4.49



PC® Vinaigrette dressings selected varieties 350 mL vinaigrettes PC^{MD}

2.99



PC® Splendido® pesto 270 mL or tomato basil bruschetta 410 mL selected varieties pesto ou bruschetta tomate et basilic PC^{MD} Splendido^{MD}

3.99



no name® noodles selected varieties 340 g nouilles sans nom®

1.79

Cheemo perogies selected varieties 907 g perogies Cheemo

2.99



no name® 3 inch tart shells selected varieties 570 g croûtes à tarte 3 po sans nom®

4.99



no name® pizza pouches selected varieties, frozen 8's pizzas en poche sans nom®

5.99



no name® spinach selected varieties 300 g épinards sans nom®

1.49





Fall Favourites Les favoris de l'automne



Heinz tomato juice
1.36 L
jus de tomate Heinz



Carnation Simply hot chocolate
400 g
mélange à chocolat chaud Simplement Carnation



Ruffles potato chips
selected varieties
180-200 g
croustilles Ruffles



Ocean Spray sparkling cranberry beverage
selected varieties
6 x 340 mL
boisson pétillante aux canneberges Ocean Spray

6⁹⁹



SunRype juice
selected varieties
1.36 L
jus SunRype

2⁹⁹



no name® fruit bowls
selected varieties
4's
bols de fruits sans nom®

2⁴⁹

PC® peanuts
selected varieties
700 g
arachides PC^{MD}

4²⁹



Quaker Harvest Crunch cereal
selected varieties
400-510 g
céréales
Croque nature Quaker

4⁴⁹



Haribo gummy candy or Nestlé chocolate bars
selected varieties, 66-175 g
friandises gélatifiées Haribo ou barres de chocolat Nestlé

2⁹⁹



2⁷⁹

Hot-Kid Mum-Mum infant snacks
50 g or PC® Organics baby food tubs 2 x 128 mL, selected varieties
collations pour tout-petit Mum-Mum Hot Kid ou contenants d'aliments pour bébé PC^{MD} Biologique

Jergens lotion
selected varieties
620 mL
lotion Jergens

8⁴⁹



.99

Whiskas cat food
selected varieties, 75 g
nourriture pour chats Whiskas

Pedigree dog food
selected varieties
8 kg
nourriture pour chiens Pedigree

20⁹⁹





FALL FAVOURITES VOS FAVORIS DE L'AUTOMNE



PC® The Decadent®
chocolate chip cookie
selected varieties
280/300 g
biscuits aux brisures de
chocolat PC^{MD} Le décadent^{MC}

3²⁹



PC® orange juice
selected varieties,
refrigerated
2.63 L
jus d'orange PC^{MD}

4⁹⁹



PC® Kettle Cooked
original potato
200 g or tortilla
320-350 g chips
selected varieties
croustilles originales
Cuites à la marmite
ou croustilles
de tortilla PC^{MD}

1⁹⁹

PC® fries
selected varieties, frozen
400-650 g
frites PC^{MD}

3²⁹



PC® Cream First™
or Loads Of ice cream
selected varieties,
frozen
1.5 L
crème glacée PC^{MD}
La crème avant tout^{MC}
ou Pleine de

6⁴⁹



PC® chocolate
covered nuts or fruits
selected varieties
200-340 g
noix ou fruits enrobés
de chocolat PC^{MD}

6²⁹



PC® tea
selected varieties
20's
thé PC^{MD}

2⁴⁹



PC® croutons
selected varieties
99/140 g
croustons PC^{MD}

2²⁹



PC® crackers
or ButterTwists
selected varieties
100-225 g
craquelins ou
paillettes PC^{MD}

2²⁹



PC® Blue Menu® beans,
lentils, split peas, chick peas,
soup mix, rice or quinoa
selected varieties, 250/900 g
haricots, lentilles, pois cassés, pois
chiches, mélange de soupe, riz
ou quinoa PC^{MD} Menu bleu^{MC}

2⁹⁹



PC® MSC white tuna
selected varieties
170 g
thon blanc MSC PC^{MD}

2⁴⁹

PC® Organics
rolled oats 1 kg
or Greek yogurt
500 g
selected varieties
gruau ou yogurt
grec PC^{MD} Biologique

4⁹⁹



PC® dinner napkins
180's
serviettes de table PC^{MD}

5⁹⁹



Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. **Pricing:** All references to any savings claims (ie. "Save", "Was", "1/2 Price", etc.) is in comparison to our lowest regular retail prices at Freshmart locations. **Savings on items shown may vary in each store location.** Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. Prices not applicable At-The-Pumps gas bar locations. ®/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved. © 2022 Loblaws Inc.

